

Canada
Innovates



FROM BELL TO BB10

AFTER LAGGING BEHIND FOR DECADES,
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OF INNOVATION ONCE AGAIN

PAGES 4 & 5

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Wednesday, February 20, 2013



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Let it shine: Market Square getting ready for the spotlight

World Figure Skating Championships. The rush is on to get the market and surrounding area ready



ANGELA
MULLINS

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Vancouver had Robson Square on display during the 2010 Olympics.

London will see Market Square in the spotlight during next month's World Figure Skating Championships — and everyone's stepping up their game to pull off a tip-top performance.

"It's our opportunity to say, 'Hey, we're here,' and we have to look good," Covent Garden Market CEO Bob Usher said. "It's showcasing London to thousands of people."

Practically every inch of concrete around — along with floor space inside — the Covent Garden Market will be bustling with figure-skating flair during the March 11-17 event.

Crews will start ripping up the market's outdoor ice rink on Wednesday and all the snow piles lingering around the front doors will be hauled off. A few trees will also come down in the coming weeks to clear a path for nightly sound and light shows from the square onto the facade of Budweiser Gardens.

About a week before the main event, tents will start popping up on Market Square. One will offer food, drinks and big-screen televisions for people to

Around the market

- While an overhaul of Market Lane won't be complete for the World Figure Skating Championships, it's expected to be close.
- Crews have finished the concrete work and the overhead canopy of lights, but can't plant greenery until spring.
- Construction fences will be removed during the championships so people can walk through the alley, which connects the north side of Covent Garden Market with Dundas Street.

watch the skating action happening next door. Another will play home to entertainment organized through the city's heritage and arts councils.

Inside, vendors have a few special things up their sleeves.

Artist Andrew Gillet, for example, has been working for months on paintings depicting ice skates over the decades. The paintings — along with something special that he's keeping under wraps for now — will be on display when visitors arrive.

Gillet expects the skating championships to be one of the biggest events his studio has seen since it opened in the market 11 years ago.

"More than anything, I want this to work out," he said. "These are the things that make (being in the market) worthwhile for me."



Artist Andrew Gillet has created several paintings of skates over the decades to highlight the March 11-17 World Figure Skating Championships at Budweiser Gardens. During the event, he'll have a series of similar paintings on display outside his second-floor studio at the Covent Garden Market. ANGELA MULLINS/METRO

Big speech

Premier Kathleen Wynne's first speech from the throne throws bones to the other parties and earns the approval of the NDP, forestalling an election, for now **PAGE 2**

Spring brainstorm

Forget Fort Lauderdale: These Western students are staying put at Spring Break to solve real-problems for business **PAGE 2**

A Juno, maybe?

Snubbed at the Grammys, Carly Rae Jepsen and Justin Bieber will go head-to-head at this year's Juno Awards. Oh — and there were other nominees, too **PAGE 8**

Playoff bound

London, Owen Sound and Kitchener have clinched a spot in the OHL Western Conference playoffs, with the Knights sitting pretty after a 17-goal weekend **PAGE 16**

Forget mojitos by the beach, real spring break fun is here

Western University. Students putting their heads together during reading week for a problem-solving project



JOHN MATISZ
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"Traditional" college spring break activities tend to involve a sandy beach, warm temperatures, and plenty of adult beverages. But another "alternative" spring break brings students to underprivileged areas for charity work and sightseeing.

Western University is offering something different — something scholastic, even — this year. During reading week about 60 students are taking part in a four-day workshop designed to stretch their intellectual bands.

"The response has been overwhelmingly positive," said Mark Daley, associate professor of computer science at Western and the head organizer of the first time project.

The Industry Problem Brainstorming Workshop taps into the promising minds of undergraduate and graduate computer science, statistics,



Western University students Hao Li, left, Gaston Keller and Cloris Ruozhou Xue discuss their plan of action during a group session inside the school's Middlesex College building on Tuesday. About 60 students are competing for the Data Analytics Problem Solving trophy over spring break. JOHN MATISZ/METRO

and engineering students. It's a collaboration project between the school, mega-computer company IBM, the City of London, and a few local businesses.

Six student groups, each led by a faculty member, are tasked with solving a complex data problem. The issues in-

volve real information provided by real companies, like Big Night Restaurants and Bars, and Autodata Solutions.

Big Night's problem deals with online ordering, and the service industry's ambition of revolutionizing the process. Daley uses Amazon.com's system as an example of what

Big Night is trying to emulate.

"You log on to Amazon and the first thing you see is 'Ten things you might want to buy,'" he said. "The idea would be to try to move that amount of sophistication to the restaurant world, based on whatever information they can get from your (online statistics)."

Students have 48 hours to come up with a solution strategy. From there, a panel of judges will decide which group offers the "most innovative solution, presented the best."

The victorious team receives the inaugural Data Analytics Problem Solving trophy.

Wynne promises cap on spending in 1st speech



Premier Kathleen Wynne
THE CANADIAN PRESS

Ontario's governing Liberals promised Wednesday to keep a close eye on corporate taxes, work with public-sector workers on wage talks and give local residents more say in whether they get a wind farm, gas plant or casino.

The speech from the throne, which laid out the government's agenda and marks the start of the legislative session, also promised to work collaboratively with the opposition parties to make the minority parliament work.

NDP Leader Andrea Horwath said she would support the speech, preventing an election for now.

The province needs all three parties to work together "in a spirit of renewed co-operation" to get things done, Lt. Gov. David Onley said in reading the speech.

Working with the NDP and Progressive Conservatives isn't just a goal, but a necessity. The Liberals will need to convince at least one of the opposition parties to support the speech to avoid triggering the election.

While the speech contained measures the Tories and New Democrats were seeking, there appeared to be more goodies for the NDP.

There was a promise to

restrain spending to one per cent below gross domestic product once the budget is balanced in 2017-18 — something that would appeal to the Tories.

They also plan to "evaluate corporate tax compliance," while exploring a tax break by raising the exemption threshold of the Employer Health Tax — both meant to woo the NDP.

In addition to paying down the deficit, the new government's agenda will also include an emphasis on job creation and building a "fair society," the speech said.

THE CANADIAN PRESS

Former energy minister

The Progressive Conservatives will file a motion of contempt against former minister Chris Bentley for his handling of the release of documents regarding the government's decision to scrap gas-powered electricity plants in Mississauga and Oakville.

- The Tories insist Bentley, who retired as an MPP last Thursday, deliberately delayed the release of internal government documents.

Drugs and guns

Handgun found in home search

Following a police raid in northeast London on Saturday, a 27-year-old man faces numerous weapon- and drug-related charges. A semi-automatic handgun and a magazine containing 15 rounds of ammunition were found during the search. **METRO**

Federal funding boost

Voices.com to create 35 jobs

London's Voices.com has received a \$500,000 federal government loan to help expand its business.

As a result, the company expects to create 35 new full-time positions to facilitate growth. Work will include redesigning the company's website to improve functions

across all mobile devices and translating the site into other languages. The money comes as part of a new innovation fund made available through the Federal Economic Development Agency for Southern Ontario.

Voices.com matches businesses around the world with voice-over talent. It manages a database of more than 75,000 voices in more than 100 languages.

ANGELA MULLINS/METRO

Economic development

Prosperity plan not on hold: Mayor

City councillors spent part of a Tuesday committee meeting clarifying their stance on funding \$60 million worth of economic-development projects. The so-called "prosperity plan," expected to be carried out over the next decade, isn't stalled, Mayor Joe Fontana said.

The comments came after some criticized a decision to put \$2.5 million from tax rolls toward reducing a potential tax hike in 2013. Staff had recommended the money be used to start the economic development plan. Some have said the decision sent a mixed message that councillors aren't ready to, as Coun. Paul Hubert said Tuesday, put "our money where our mouth is."

ANGELA MULLINS/METRO

Pistorius says he mistook his girlfriend for intruder

Premeditated murder charge. Prosecutors say the evidence proves the killing was no accident

Oscar Pistorius wept Tuesday as his defence lawyer read the athlete's account of how he shot his girlfriend to death on Valentine's Day, claiming he had mistaken her for an intruder.

Prosecutors, however, told a packed courtroom that the double-amputee mercilessly killed 29-year-old Reeva Steenkamp as she cowered inside a locked bathroom.

Pistorius told the Pretoria Magistrate's Court at a bail hearing he felt vulnerable in the presence of an intruder inside the bathroom because he did not have his prosthetic legs on, and fired into the door.

In a major point of contention, prosecutor Gerrie Nel said Pistorius took the time to put on his prostheses, walked seven metres from the bed to the enclosed toilet inside his bathroom and only then opened fire. Three of the four bullets fired into the door hit Steenkamp, Nel said.

Pistorius said in his sworn



The chief magistrate ruled that Pistorius must face the harshest bail requirements. MASI LOSI, PRETORIA NEWS/THE ASSOCIATED PRESS

statement that after opening fire, he realized Steenkamp was not in his bed.

"It filled me with horror and fear," Pistorius said.

The 26-year-old Olympian said he put on his prosthetic

legs and tried to kick down the door before finally bashing it in with a cricket bat. Inside, he said he found Steenkamp. He said he lifted her bloodied body and tried to carry her downstairs to seek help.

Nel said the athlete opened fire after the couple engaged in a shouting match and she fled to the bathroom.

"She couldn't go anywhere," Nel said. "It must have been horrific." THE ASSOCIATED PRESS

The victim

Reeva Steenkamp actively campaigned against domestic violence.

- South Africa has the world's highest rate of women killed by an intimate partner, according to a study by the Medical Research Council. Professor Rachel Jewkes of the council said at least three women are killed by a partner every day in the country of 50 million.



A woman holds a photo of Reeva Steenkamp as she leaves her funeral Tuesday. SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Brantford

StatsCan worker trashes hotel room

Broken furniture. Stained carpets. Ink-smeared bed sheets. Damaged wallpaper.

Newly released documents show one census-taker's wild party left Statistics Canada with a hefty bill for her trashed hotel room.

Eight enumerators rolled into Brantford in July 2011 and checked into the Hampton Inn and Suites.

One room was trashed. The total bill came to nearly \$6,000. Statistics Canada settled for \$4,000.

The unnamed census-taker said she felt bad and would have cleaned up with "Pledge and a vacuum" if she hadn't been in such a rush. THE CANADIAN PRESS

Theft in Brussels

\$50-million gems gone in 5 minutes

Eight masked gunmen forced their way through the security fence at Brussels' international airport and snatched some \$50 million worth of diamonds from a plane in five minutes without firing a shot.

The gang dressed like policemen and used black vehicles with flashing blue lights in their raid late Monday, said Anja Bijnsens from the local prosecutor's office. THE ASSOCIATED PRESS

Global warming

Expect less snow. Also more: Experts

Scant snowfall but huge blizzards — 10 U.S. climate scientists say that's the new world we live in thanks to global warming.

A warmer climate is likely to decrease the overall amount of snow each year and shrink the snow season, they explain. But when it is cold enough for a snowstorm to hit, the slightly warmer air can carry more moisture, producing potentially historic blizzards.

THE ASSOCIATED PRESS

Climate change

Tory carbon policy a mess: Report

The Conservative decision to go with complex, sector-by-sector regulation of emissions while provinces experiment with market-driven policies, such as cap-and-trade systems and carbon taxes makes for a confusing and possibly expensive patchwork, said a report released Tuesday by the International Institute for Sustainable Development. THE CANADIAN PRESS

Harper opens Office of Religious Freedom

A Ukrainian-Catholic has been picked to lead a new federal office with a mandate to promote religious tolerance across the globe, as Prime Minister Stephen Harper followed through Tuesday on an election promise made almost two years ago.

At a mosque north of Toronto, Harper named Andrew Bennett ambassador of the Office of Religious Freedom, which will operate as part of the Department of Foreign Affairs.

"It says a lot about the government wanting to promote this aspect of human rights," said Bennett, 40, an academic who has worked for the Privy Council Office.

"It's (about) building awareness about the issue of religious freedom abroad; it's about interacting with the various communities here in Canada who are in the diaspora from these areas where religious freedom is not respected."

In remarks at the Ahmadiyah Muslim community centre and mosque, Harper said religious persecution is an urgent global problem. He chronicled abuses against, among others,



Prime Minister Stephen Harper looks on as Andrew Bennett, right, shakes hands with Muslim cleric Lai Khan Malik after naming Bennett ambassador of the Office of Religious Freedom. FRANK GUNN/THE CANADIAN PRESS

Jews, Coptic Christians, Muslims and Buddhists.

"Without fear or favour, Canada defends human rights around the world," Harper said. "We have not only spoken out, we have also taken action."

Government sources said the Tories had a hard time finding someone to lead the office, which will have five full-time employees and come with a \$5-million price tag, including

\$500,000 for operations.

Colleagues described Bennett — currently dean of the 16-student Augustine College in Ottawa — as an energetic, intelligent and empathetic man who at one point pondered the monastic life.

"It would be a tough job for anyone but if anyone can do it, it's probably him," college president John Patrick said in an interview. THE CANADIAN PRESS

Toxic milk? Health scare engulfs the Balkans after official posts test results

Reports that milk in the Balkans has been contaminated with a cancer-causing toxin have triggered a major health scare, with authorities on Tuesday appealing for calm before official tests are done.

Most health officials in the region are insisting that the milk is safe and that aflatoxins are not harmful in small amounts. But a warning by a regional official has fueled doubts about the official line, suspicions fed by the region's widespread corruption and the cozy ties between politicians and industry.

Senior Serbian agriculture official Goran Jesic claimed on his personal website that out of 35 tested milk samples in Serbia, 29 had higher levels of aflatoxins than allowed. He published a list of various brands of milk with high levels, saying the government was keeping them secret.

"If you ask me whether to buy milk, the answer is 'no,'" Jesic, the official in charge of Serbia's breadbasket region of Vojvodina, told a media conference. "I can't say why the state was hiding (the sample results); the state is to blame for this."



One dose of aflatoxin or two? DARKO VOJNOVIC/THE ASSOCIATED PRESS

A low dose of aflatoxin, linked to mildewed cattle feed, is not considered harmful, but high doses are linked to cancer. The Balkans experienced an extremely dry summer last year, which affected crops and provided conditions for the poisonous mould to grow, mostly in corn used as animal feed.

Serbia's National Consumers' Association said that 17 kinds of milk had been tested. In 13 the toxin levels pushed but did not exceed the upper limits. THE ASSOCIATED PRESS

Canada
Innovates

Part 1

When it comes to innovation, newspapers don't just write about it, they are pioneers of it. News organizations were among the first to embrace social media as the face of news changed, and new apps for smartphones are proving the dynamic nature of 21st-century newspapers.

In terms of traditional print, Metro has broken free of the mould used by many other newspapers. Our story selection and presentation are unique in the Canadian media landscape.

Today we've profiled the state of Canadian innovation and where the seeds of ideas are being sown. Governments are stepping up with increased innovation investment and the private sector is poised to jump on the opportunities — Canada is ripe for the next wave of social, cultural and technological innovation.

On Day 2 we look back at Canada's innovative past and show you today's Canadians who are making a difference. On Day 3 we look at some of Canada's failures — and a surprise guest tells us what we need to do to charge to the forefront of innovation.

Metro's contribution to this innovation comes in the way we'll tell the stories — we're putting design and information on a collision course. Whether these ideas embody the innovative spirit is something we'll leave up to you. Check them out, then email us at readers@metronews.ca or tweet @MetroNewsCanada.

Answering the call.

Government, investors & academics are serious about leading us out of innovation's backwoods

STEPHEN
BALDWIN

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In the mid-1800s, a Canadian scientist sought to honour his deaf mother and wife through understanding the science of hearing.

By 1874 he was splitting time between his Brantford, Ont., home and a Boston laboratory, gaining a reputation as one of the most intelligent and inventive scientists in the Western hemisphere. It was in Boston, though, where he would develop the vital relationships — and funding — required to produce the technology that would change the way billions of people communicated.

Most of us wouldn't have known the name Alexander Graham Bell had it not been for American businessmen Gardiner Hubbard and Tom Sanders.

Aside from being Bell's father-in-law, Hubbard, along with Sanders, provided the resources required for experimental prototypes.

Nearly 150 years later, inspired Canadian scientists, engineers and entrepreneurs continue to head south to have their dreams realized.

A 2010 report by the Conference Board of Canada gave our country a D grade for its innovation efforts and a ranking of 14 out of 17 developed countries (below Austria and Denmark). They defined innovation as "the ability to turn knowledge into new and improved goods and services."

The report found Canada lagging in several key innovation indicators, including patents produced per capita,

export market share of electronics and pharmaceuticals, and technology manufacturing.

Later that year, the government assembled an expert panel from the academic and corporate worlds to solve the innovation gap. The result was a report entitled Innovation Canada: A Call to Action, a review of innovation over the past 30 years that provided a framework for repositioning Canada's economy.

"The budget last year, which was only maybe six months after the report, enacted a whole host of initiatives that were recommended in the report," says Tom Jenkins, the panel's chair.

Quoted



"I think overall we are still lagging in innovation. As a score, we're certainly not at the top. The Conference Board, the Institute for Competitiveness and Prosperity — they all show that we can do better, and historically we have done better."

Tom Jenkins is the executive chairman and chief strategy officer of Waterloo-based software company OpenText, serves on boards for a variety of software companies, is a member of several national academic councils and the chair of the Canadian Digital Media Council.

Among Jenkins's several distinguished titles is executive chairman and chief strategy officer of Waterloo, Ont.-based software company OpenText.

According to him, two significant barriers to innovation are the bureaucratic red tape keeping entrepreneurs from tax credits, and turning the government, one of the market's largest buyers, into a customer.

Progress has been made on the former through simplification of the Scientific Research and Experimental Development tax-incentive program (known as SHRED).

The latter has been considered through the Canadian Innovation Commercialization Program (CICP), which awards

government contracts to the most innovative firms. For Jenkins, these are steps in the right direction, but more needs to be done by the public sector to drive competition.

"In our research we found that customers, demanding customers, in a competitive environment are the No. 1 driver of innovation," he said. "The private sector has this built-in conveyor belt that forces it to innovate, and if it's not innovating fast enough or big enough, then that's where government, which has a different agenda, needs to sort of weigh in and encourage."

Jenkins notes four key components of an innovation ecosystem:

Talent

Canada's schools continue to perform well on a global stage, but now it's a matter of cultivating this wealth of intelligence and creativity.

Toronto has seen the formation of university-based innovation centres like Ryerson's Digital Media Zone (DMZ), alongside innovation-focused post-grad programs.

The same can be said for the University of Calgary's Haskayne School of Business and the University of British Columbia's Sauder School of Business.

Capital

Today's entrepreneurs look to government grants and loans in the public sector and large, daring investment companies



Ironically, Alexander Graham Bell, arguably this country's greatest innovator, had on to create the BlackBerry found that things have gotten a little better for bright

Suzie's path
of innovation

Suzie could be your average Canadian. She is intelligent, creative and motivated. She doesn't mind her job, but is constantly day-dreaming about building something she can call her own. Suzie has ideas, but she's the only one who knows them. She has plans, but doesn't know how to carry them out.

The entrepreneurial road can be daunting, but if Suzie can follow five steps, she could end up with exactly what she's been dreaming about. **STEPHEN BALDWIN/METRO**



Conception

A great idea can come in an "a-ha!" moment or through weeks of brainstorming. Ideas come in all shapes and sizes and can be original or improvements to current concepts or products. Who hasn't thought, "That would be so much better if..."? Thoughts will be swirling and questions will arise: What purpose it will serve? How will we execute it? Is there a market? Just don't spend too much time coming up with the company name.



Collaboration

Ideas begin to take shape when people with a common interest or goal work together. Everyone's got a unique perspective, and incorporating everyone's input on a product or service can be painstaking — but necessary — as the idea percolates. Breakthroughs are the result of hours of tedious work. Having someone to help carry the burden and responsibility can allow you to get where you need to be faster and more effectively. For those who can't find their entrepreneurial soul mate, meet-ups and forums can help.

AND INNOVATIVE LAND



to leave Canada to pursue the inventions he envisioned. His successors who went people with bright ideas. PHOTO ILLUSTRATION BY DAVID VAN DYKE

(angel investors and venture-capital funds) in the private sector. Examples of the latter include VA Angels (Alberta), Version One Ventures (B.C.), First Angel Network (Nova Scotia), Extreme Venture Partners (Toronto), Sask Works Venture Fund and the Manitoba Knights.

Infrastructure

Innovation hubs called incubators and accelerators continue to pop up throughout the country, often in collaboration with universities. They have helped companies in Waterloo like OpenText and BlackBerry thrive.

"It's where you get to perform the contact sport," Jenkins says. "In those centres, there are accountants, bankers, people who can access mentors. That's absolutely essential."

Customers

A concentrated customer base is essential to the growth of a company, but the Internet has made it such that this is no longer a geographical requirement. A Canadian startup can come up with a product that caters specifically to Icelanders.

In January, Stephen Harper announced a \$400-million investment in venture capital.

It's a big step for a government that has been criticized both at home and abroad for living in the past, and with the infrastructure in place, it's now on the private sector, and the next generation of entrepreneurs, to take advantage.

Regardless of the outcome, Canadians can find comfort in the axiom that tolerance breeds innovation. But in this game, according to Jenkins, getting too comfortable can mean falling behind.

"It's the nature of innovation that you cannot rest on your laurels. Because innovation by its nature is constantly changing and constantly challenging countries or companies to keep up. This is not a snapshot, it's a treadmill."

Startups

Canadian innovation: A cautionary tale



TAKARA SMALL
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Canada's track record for supporting innovation is good — but it could be better, experts say.

More available capital, resource support and a dash of bravado might be what it takes to push our creative envelope to the max.

Small-business consultant Mark Evans believes the investment community looks at the big-ticket items at the expense of over-looking niche innovation.

"There are not enough sources of seed capital, and a lot has to do with the investment mentality that prevails with big investors who are more conservative. We're happy giving money to companies that want to dig holes in the ground (minerals, etc.), but it's a different game when it comes to other investments," said Evans, a former business journalist, turned consultant, with past credits in the Financial Post and the Globe & Mail.

Small businesses in Canada is a big deal. They account for 98 per cent of our ongoing businesses — and many of them started up to fill a niche or provide a service with an innovative idea or approach. They are the drivers of innovation.

"It's important that people (especially the youth of tomorrow) begin thinking like entrepreneurs," says Lesley Wilmot, director of marketing and communication at the Canadian Youth



Small businesses aren't small potatoes in Canada. They account for 98 per cent of ongoing businesses in the country. But are today's youth thinking like entrepreneurs? PHOTOS.COM

Business Association.

"We need them for our economy to continue to grow."

Wilmot's organization was established by the government in 1996 and provides youth between 18 and 39 with much-needed startup capital and access to mentors, who offer business advice, guidance and collaboration.

The government and private sector are stepping up with more credit and support for innovative small businesses across the country.

The final step, according to Evans, is believing we're

innovators. Canada has long been an innovative nation, but we tend to shy from the limelight.

"Canadians are too modest and humble for their own good compared to U.S., who are always ready to declare themselves as the best or No. 1," said Evans.

More online

To read the full feature on Canadian innovation, including our quiz on what Canada has given the world, visit metronews.ca/innovation



Funding and incubation

Venture capitalism and angel investors are emerging as popular avenues for funding. These investors are willing to bet big on great ideas, often for a piece of the company or its profits. Small business can also look to available grants and loans offered by each level of government. Incubators and accelerators provide new businesses with the resources and mentoring needed to grow. Both often provide funding, but their real value is in helping you develop your idea in a collaborative setting.



Experimentation

This varies depending on the idea or application. Web startups will launch a beta version of their site, while others require a more tactile approach (e.g., testing/demonstration in the targeted industry, trade shows/showcases, etc.). This stage allows kinks to be smoothed, and in some cases forces you to start from scratch.



Marketing

This step is often overlooked, but it's as important as the others. You've put together something fresh and innovative, but no one knows about it, so no one cares. Researching and seeking out those people who can influence the success of your innovation is critical. The way you present your business will say a lot about what you do and how you do it. Done right, you can allow the innovation to speak for itself.



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Bring a gun and save

Hands up! I'll have pepperoni, onion and mushrooms

A Virginia Beach, Va., pizza shop owner is showing his support for firearm rights by giving gun owners a 15 per cent discount.

The discount is given to anyone who brings a gun or concealed handgun permit to All Around Pizzas and Deli. Since the discount began last Friday, owner Jay Laze says, 80 per cent of customers have brought guns into the pizza shop. One customer came in with an AK-47. **THE ASSOCIATED PRESS**

Gulf of Mexico oil spill

BP civil trial to proceed Monday

BP says it has failed to reach a settlement in advance of next week's civil trial on the Deepwater Horizon accident and is ready to defend itself vigorously against allegations of gross negligence in the U.S.'s biggest environmental disaster. Billions are at stake in the Feb. 25 trial in New Orleans to determine BP's civil liability. **THE ASSOCIATED PRESS**

Java vulnerability

Apple says some of its office Macs were hacked

Apple says a small number of Mac computers at its offices were infected by malicious software, in an attack similar to the one Facebook acknowledged last week.

In both cases, computers were infected through software downloaded from a developers' site. The attacks took advantage of flaws in the Java plug-in for browsers; the U.S. Department of Homeland Security has recommended disabling the plug-in. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR
98.83¢ (-0.56¢)

TSX
12,810.21 (+123.57)

OIL
\$96.66 US (+80¢)

GOLD
\$1,604.20 US (-\$5.30)

Natural gas: \$3.28 (+13¢)
Dow Jones: 14,035.67 (+53.91)

Great-West to buy Ireland's top life insurance provider

EU economic recovery. Winnipeg-based firm strikes deal with Irish government to privatize bailed-out company

Great-West Lifeco Inc. will buy Irish Life Group for \$1.75 billion from the Government of Ireland, which acquired the financial services company last summer as part of a bailout of its former parent.

Irish Life provides life insurance, pension management and investment services to more than one million customers — including about 800,000 individual policy holders.

It also manages assets worth the equivalent of \$50 billion and employs about 2,200 people — almost all in Ireland.

"The acquisition of Irish Life is transformational for our companies in Ireland," Great-West president and CEO Allen



Great-West Lifeco world headquarters is pictured in Winnipeg on Tuesday. The company will acquire Irish Life Group for \$1.75 billion through an agreement with the Government of Ireland. **JOHN WOODS/THE CANADIAN PRESS**

Loney said Tuesday.

He said Great-West will become Ireland's leading provider of life insurance, pension and investment services with the single transaction.

The Winnipeg-based company began its pursuit of Irish Life when an auction process was launched in September 2011, but withdrew in November of that year due to the European sovereign debt and

banking crisis. Speaking from Dublin in a phone interview, Loney said that negotiations resumed about two-and-a-half months ago in November 2012, after the economy began to show signs of improvement.

"Certainly, the Irish economic situation and fiscal situation ... (has) improved out of all recognition in the last 18 months or so."

THE CANADIAN PRESS



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London, Ontario

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- Research and book travel products using the website, Apollo, Consul PC, Galileo Vacations and the internal reservation systems
- Follow up on client files, respecting deadlines required to preserve the quality of the service offered by the company
- Other duties as required

Qualifications

- Vocational school diploma in tourism or relevant experience
- Minimum of two (2) years of experience in sales
- Working knowledge of English, spoken and written
- Working knowledge of Apollo, Consul PC and Galileo Vacations reservation systems or the equivalent
- Available outside the standard working hours

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While we thank all applicants only those selected for an interview will be contacted.

marlin★travel



Is the world too keen on quinoa?

In this Feb. 16 photo, quinoa plants grow in a farmer's field in Patamanta, Bolivia. A burgeoning global demand for quinoa is spurring new cultivation all across Bolivia's western highlands as prices for the so-called supergrain soar. But agronomists say quinoa fever is running up against physical limits. Quinoa does not lend itself to industrial-scale production and the rush to increase yields is prompting Bolivian growers to abandon traditional agricultural practices, thus endangering the fragile highlands' ecosystem. Today, Bolivia's President Evo Morales will attend a UN event declaring 2013 the International Year of Quinoa. **JUAN KARITA/THE ASSOCIATED PRESS**

EU mystery meat scandal. Fancy a bit of horse ravioli? Nestle recalls pasta meals

The world's biggest food and drinks maker Nestle SA has become the latest company to pull some of its products off European shelves after they were found to contain undeclared horse meat.

The company, based in Vevey, Switzerland, said in a statement late Monday that it withdrew some of its beef pasta meals from sale after tests conducted two days earlier detected horse DNA. Nestle said it increased its surveillance after reports emerged last month of mislabelled products being sold in Britain.

"Our tests have found traces of horse DNA in two products made from beef supplied by H.J. Schypke," Nestle said in a statement. "The levels found are above the one per cent threshold the U.K.'s Food Safety Agency uses to indicate likely adulteration or gross negligence."

Nestle insisted that the Buitoni Beef Ravioli and Beef Tortellini meals sent to Italy and Spain, and frozen meat sold as Lasagnes à la Bolognaise Gourmandes to catering businesses in France, were safe to consume. **THE ASSOCIATED PRESS**

KILLIN' IT WITH COSMIC TIMING



JUST SAYIN'
Paul Sullivan
metronews.ca/voices/
just-saying

Most astronauts explore space, the final frontier.

Chris Hadfield plays space, the Borscht Belt.

Hadfield is the first Canadian commander of the International

Space Station, and, unlike previous, more conventional Canadian astronauts, Cmdr. Hadfield is knocking them dead.

It's as if he was on his way to Vegas and instead of taking I-95, he took the second star to the right and went straight on until morning.

Since climbing aboard the ISS just before Christmas, he has: Chatted with Captain Kirk, that other enterprising Canadian; composed a song and sung it with Ed Robertson of the Barenaked Ladies; sent valentines from space ("My heart glows like the Northern Lights ..."); participated in Ask Me Anything on Reddit; taken hundreds of vacation snaps (Here's one of Victoria from 350 kilometres up, and I think this one is Dublin by day ...); and tweeted compulsively to his 360,000 followers on Twitter.

High-flying showman

Here on the ground, we're not used to entertaining astronauts. Astronauts are tucked in and trim. They say things such as "roger, wilco," not "Wow, I can feel the warmth of the Irish all the way up here. Go raibh maith agaibh!," which is what he tweeted after posting his high-flying photo of Dublin.

Back here on the ground, we're not used to entertaining astronauts. Astronauts are tucked in and trim. They say things such as "roger, wilco," not "Wow, I can feel the warmth of the Irish all the way up here. Go raibh maith agaibh!," which is what he tweeted after posting his high-flying photo of Dublin.

Hard to tell what he'll do for an encore, but you can bet his global audience will demand it. Maybe he'll be held over, like that other Canadian astronomical stalwart, Cirque du soleil.

It's also hard to tell what this virtuoso tour de force is doing for space exploration or the Canadian Space

Agency, but more than one commentator has pointed out it will be harder to close it down by any government that doesn't have a death wish. Like the RCMP Musical Ride and the Snowbirds, you can't shut Chris Hadfield down any more than you can shut him up.

As I write, he's just finished demonstrating how to make a sandwich in a weightless state. (Peanut butter and honey on a space tortilla that's virtually indestructible. Yum.)

Of course, Hadfield's Orbiting Space Shenanigans aren't universally popular. Some people think he's trivializing space exploration and research. We spent how much to send Bozo into orbit? What about serious issues such as global warming? And, if you're a conspiracy theorist: What's he really doing up there?

Still, anyone with 360,000 followers must be doing something right. I think I've added 36 followers across the same time span. Of course, I can't tell you how to make a PB and honey sandwich in total weightlessness. I can, however, recommend crunchiness over smooth, a tip that's worth its weightlessness in gold.



There's cosmic gold in them thar hills: "Tá Éire fíorálainn! Land of green hills and dark beer. With capital Dublin glowing in the Irish night," @Cmdr_Hadfield tweeted Monday with this photo of the city taken from the ISS. TWITTER

Go-go Golden-i gadget



GOLDEN-I/REX FEATURES

Inspector's gadget

Headset lets police look through walls

This head-mounted computer promises to give police officers and other emergency services Robocop-like abilities. The Golden-i unit is operated by voice commands and head movements and allows the wearer to access vital information without using their hands. The device also offers the ability to see through walls thanks to infrared technology. METRO



Golden-i's infrared vision: Developers say their gadget allows officers to record situations for later analysis and view live video feeds from other Golden-i devices. GOLDEN-I/REX FEATURES

In stores this year

You too can spy with a Golden-i

Made by U.S.-based Kopin Corporation and U.K. firm Ikanos Consulting, Golden-i was showcased at the Consumer Electronics Show in Las Vegas last month, although "no pricing has been announced yet," a spokesperson told Metro. The Golden-i professional kit is expected to be released by the summer, while a consumer version is set for later in the year. METRO

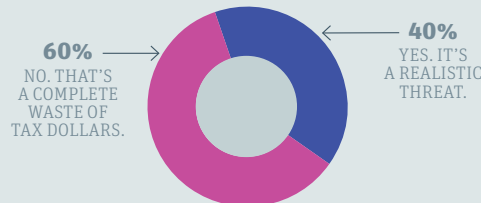
Golden-i's powers

- Remotely control other devices.
- Identify suspects using facial recognition.
- Receive alerts from motion sensors.
- GPS co-ordinates.
- Monitor basic vital signs.
- Call up floor plans and
- Scan licence plates instantly.



Register at metropolitanpanel.ca and take the quick poll

Should the government prepare for a zombie apocalypse, just in case?



Twitter

@Gymsiren: Hmmmmn, what shall I go on about today??

@livelifeinneon: This one customer thinks I look like Lucille Ball. It's so weird.

@baddesst: 32 weeks! 6 weeks left! YAY!!!

@LiminalArts: Whoever invented the bed is a genius.

@tanneramma: Bring a friend who typically rolls their eyes at the mention of municipal politics to Pints and Politics. I DARE YOU! #Idnont Joe Kools 5:30

@theatreLYTE: Good morning world! Did everyone have a good Family Day in #Idnont? Did you get out to any #Idnontarts?

@Miss_Tree_: Looking for a kitten, preferably just over 8wks. #LdnOnt



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Musician Carly Rae Jepsen — seen here performing during the Believe Tour in Los Angeles in October — received five Juno nominations on Tuesday, including album of the year. THE CANADIAN PRESS

Call me Juno: Carly Rae Jepsen tops nominee list

Award contenders.

Justin Bieber, Johnny Reid, Leonard Cohen and Deadmau5 also recognized with multiple nominations

Looks like the Juno Awards knew Carly Rae Jepsen's number.

The singer from British Columbia — whose monster single Call Me Maybe took the world by storm in 2012 — landed a leading five nominations on Tuesday, prompting a flood of kudos and even spontaneous singing from fellow nominees gathered at a media conference.

"It's catchy. It's in my blood," Maestro Fresh Wes, a nominee for rap recording of the year, said as he burst into the chorus of Call Me Maybe in a red-carpet interview.

"You can't help it, man. It's cool, man, it's cool, and I wish her all the best. It's a lot of hard work. People just see the final product, they don't see the blood, sweat and tears that was put into making that project come into fruition, so all the best

to her."

Jepsen was nominated for two prizes at the recent Grammy Awards but went home empty-handed.

At the Junos, she'll vie for the fan choice award, single of the year, album of the year, artist of the year and pop album of the year.

"It's a great pop song — let's not mess around," said Erik Arnesen, banjo/guitar player for the Great Lake Swimmers, who are nominated for roots and traditional group album of the year.

"It's a shame she wasn't able to get the Grammys so here's hoping she gets some recognition in her own country."

"I was a little disappointed she didn't get a Grammy," added Ottawa teen country singer Kira Isabella, who's nominated for breakthrough artist of the year.

"I hope she wins big this time. I'm really proud of her. She's had an amazing year."

"(Call Me Maybe) has to win song of the year! People that say they're sick of it — it just grew on me even more."

Jepsen's biggest competition is Stratford, Ontario-bred teen phenom Justin Bieber, who is next in line with four nominations:



Justin Bieber will be competing with Jepsen for artist of the year at the 2013 Juno Awards, airing live from Regina on April 21. THE CANADIAN PRESS

fan choice, best album, best artist and pop album.

Other contenders for artist of the year include electronic producer Deadmau5 (née Joel Zimmerman), country music charmer Johnny Reid and legendary troubadour Leonard Cohen, who received two other nominations — fan choice and song-writer of the year.

Meanwhile, Cohen's son, Adam, is up for the inaugural adult contemporary album of the year. That category

also includes The Tenors and pop superstar Céline Dion, who is also nominated for fan choice and album of the year.

Other triple Juno nominees include rockers Billy Talent, Hedley, Metric, Marianas Trench and the Sheepdogs, who tied with Feist as the leading winners of last year's Junos in Ottawa with three trophies apiece.

The Sheepdogs and Billy Talent will face off for rock album of the year, a category

London nominees

- **Great Lake Swimmers.** The group, which features former UWO students Tony Dekker and Miranda Mulholland, is up for Best Roots and Traditional Album.

that also includes Big Wreck, Rush and the Tragically Hip.

Jepsen is also scheduled to sing at the Junos, which will be held in Regina on April 21.

"Regina's been a regular stop for us on tour for many, many years, so we're looking forward to the party on the Prairies," said Tony Dekker, founding member of the Great Lake Swimmers.

Eleven-time Juno winner Michael Bublé, who is nominated this year for the fan choice award, will host the show and perform.

Other acts slated to perform at the show include Billy Talent and Marianas Trench.

Eight-time Juno winner k.d. lang will be inducted into the Canadian Music Hall of Fame at the gala.

THE CANADIAN PRESS



Renee Zellweger
ALL PHOTOS GETTY IMAGES

Zellweger not afraid of some PDA

Renee Zellweger is enjoying her relationship with guitarist Doyle Bramhall, and she's not afraid to show it.

The pair was spotted making out on the beach during their current Hawaiian vacation, according to E! News.

"They have been really cute together," a source says. "They've been openly kissing and cuddling. He even has his guitar on vacation with him and was playing it for her while they waited for their rental car."



Charlize Theron

Star-studded first birthday party

Charlize Theron's one-year-old adopted son, Jackson, is already making headlines for his A-list birthday party, according to E! News.

"Sandra Bullock was one of the first guests to arrive with her son Louis," a source says of the fete held Sunday at Theron's Hollywood Hills home. "As they walked into the party, they bumped into Chelsea Handler who had also just arrived in a limousine. They all walked in together and headed for the backyard where children's music was playing and kids were running around."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The word



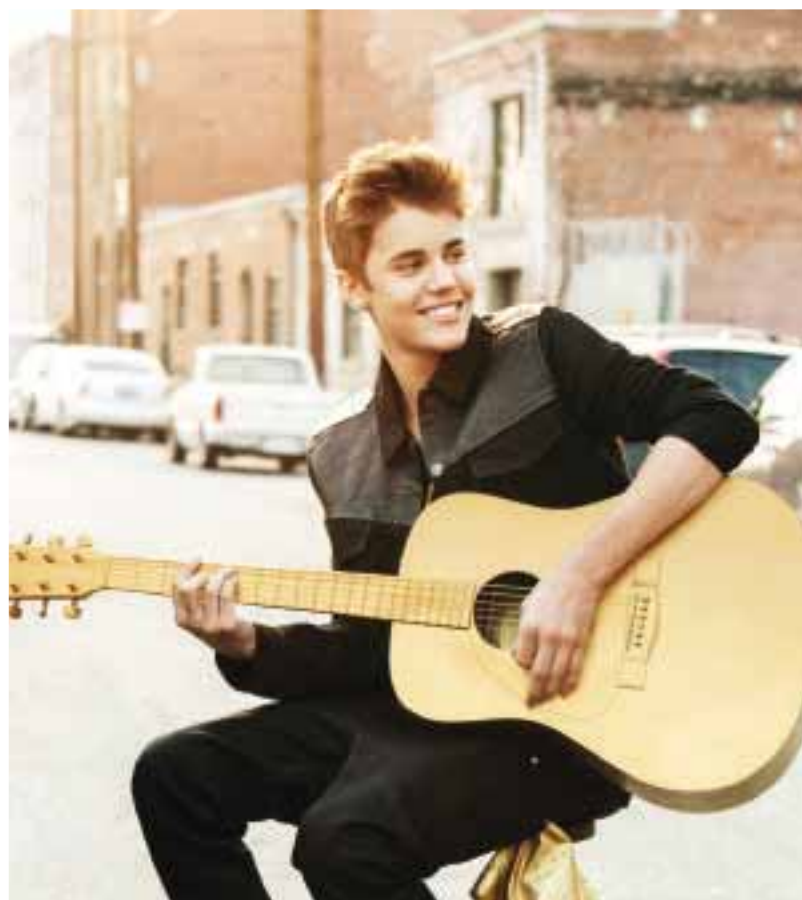
Paltrow has lost her passion for acting, source says

Gwyneth Paltrow just isn't feeling it anymore when it comes to her acting career, according to Us Weekly.

"She's lost her passion for movies," a source says.

"She won't quit acting. Her plan is to do one, maybe two supporting parts a year."

So what else will Paltrow do to fill her time? The source says she will mainly focus on her lifestyle website, Goop, with an aim to emulate another blonde star: Jessica Simpson. "She admires Jessica's empire," the source says. "She wants to make a killing." **METRO WORLD NEWS**



YOU COULD WIN A CONCERT DATE WITH BIEBER!

METRO "BELIEBES" IN LOVE!

Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:

1. Take a photo of yourself with the "I Believe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
2. Upload your photos by visiting www.clubmetro.com/justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

metro

Hot & Fresh
PIZZA PIZZA

Beliebes in love too!
Valentine's Day may be over, but your chance to win isn't!

No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Bieber (approximate retail value of \$5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12:00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).



ISTOCKPHOTO/THINKSTOCK

CREATE A SWEETER FUTURE

CUPCAKE DAY TO RAISE FUNDS FOR HUMANE SOCIETIES AND SPCAS

Animal lovers, bakers and confectionary connoisseurs across the country are invited to bake cupcakes and raise funds for Canada's inaugural national fundraising program for SPCAs and humane societies.

National Cupcake Day, Monday, Feb. 25, is organized by the British Columbia Society for the Prevention of Cruelty to Animals (BC SPCA) and the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) with many participating organizations across the country.

"We are encouraging people to register online at nationalcupcakeday.ca and then to bake and offer cupcakes by donation on Feb. 25, with all proceeds going to support their favourite participating SPCA or humane society," says Rosemary Conder, chief development officer of the BC SPCA. "Supporters can host National Cupcake Day parties in their homes, bake cupcakes to take to school or the office or



This mother and her pups were found in distress, but thanks to SPCA intervention and donor support all the dogs are now fully recovered and have been adopted into loving homes.

offer them by donation in the community. It's an easy and fun way to make a life-saving difference in the lives of animals who desperately need our help."

"We hope animal lovers will encourage their family and friends to donate online and to support their efforts by attending local National Cupcake Day parties, collecting donations or hosting events of their own," says Marc Ralsky, director, community and donor development for the OSPCA. "Everyone loves cupcakes, and they taste even sweeter when you know

it's for a good cause."

The event originated in Australia, developed by creative and passionate fundraisers at the RSPCA in New South Wales.

"The event there currently raises \$1 million annually Down Under," Conder says.

"And our RSPCA colleagues have been generously sharing their resources to make it a reality in Canada."

Once registered online, participants are mailed a National Cupcake Day host kit, which includes a poster, sticker, balloons



CONTRIBUTED PHOTOS

and fundraising guide, making it easy for those who want to participate and help animals in need. Even if you are fashionably late joining in on the fun, you are welcome to continue fundraising or hosting an event after Feb. 25.

"This event is a team effort and every donation and cupcake counts," Ralsky says. "We would like to thank all participants and our generous sponsors Petsecure, Reynolds and BMO. Together we will be helping create a healthier and happier future for animals."

To us, every animal is family.



We're proud to support the SPCA.

Animals are the face of TELUS and are at the heart of our giving. Over the years, we've committed millions to support animal welfare organizations across Canada, including \$120,000 last year alone to help the SPCA with its vital work. We'll continue to give where we live to ensure all Canadian critters, great and small, are treated with the respect and love they deserve.

telus.com/community

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 **TELUS**
the future is friendly®

Tee up with the greats at the World Golf Hall of Fame

Exclusive club. Take a break from duffing and dream of what it would be like to swing like Jack Nicklaus and Arnold Palmer



BRIAN KENDALL
canadiangolfttraveller.com

President Dwight D. Eisenhower's golf shoes. Sam Snead's lunch box. Canadian legend Marlene Stewart Streit's first hole-in-one trophy. These are among the thousands of artifacts displayed at the World Golf Hall of Fame, the centrepiece of Florida's World Golf Village, a combination resort and theme park located between Jacksonville and St. Augustine.

As in every corner of the golf-obsessed Sunshine State, the northeast has targeted golf travellers, who account for one-third of the rounds played annually. More than 50 public-play courses are found in a 153-kilometre stretch of prime beachfront marketers have tagged Florida's First Coast, since it was the first region settled by Europeans and offers the first beaches most vacationers see as they motor into the state.

Many visitors to the World Golf Hall of Fame stay on site at the refurbished 300-room Renaissance World Golf Village



Try your hand at the King and Bear course, courtesy of Jack Nicklaus and Arnold Palmer. COURTESY WORLD GOLF HALL OF FAME

Resort, then set out to explore the village's shops, restaurants and the World Golf Hall of Fame, an entertaining mix of conventional museum-style exhibits and cutting-edge video presentations.

The brainchild of former PGA Tour commissioner Deane Beman, the hall is designed to reflect both golf's past and the spirit of the game. The 18 peaks of the roof of Boston architect E. Verner Johnson's glass-and-steel shrine represent the 18 holes in a round of golf. And the front curve of the build-

ing is meant to symbolize the arc of a golf swing.

A barrage of archival films unroll on screens large and small throughout the hall. In the Bob Hope Theatre, Arnold Palmer, Jack Nicklaus and other immortals appear in a video highlighting the comedian's famous passion for the game. Also rolling in a never-ending loop is film of astronaut Alan Shepard's six-iron shot during the 1971 Apollo 14 mission, the swing that made golf the first interplanetary sport.

Interactive exhibits include a putting green where visitors

can try their luck with old-style wood-shafted putters and gutta percha balls. Another highlight is the Trophy Room at the top of the Hall of Fame Tower, which holds the World Cup, the President's Cup and many more of golf's most famous baubles.

But the spiritual heart of the museum is Shell Hall, where handcrafted bronze relief plaques of each of the 141 honoured members line the Wall of Fame like ancient sarcophagi.

Even more fascinating — and intimately revealing — is the Member Locker Room,

Golf in the land of greats

Right on the World Golf Village property are the two excellent golf courses. Opened in 1998, the 6,939-yard Slammer and Squire course snakes tightly through wetlands before widening and wrapping around the hall. The layout was designed by Bobby Weed with input from Sam Snead (the Slammer) and Gene Sarazen (the Squire). Palmer and Nicklaus, in their only design collaboration, built the King and Bear course, a 7,279-yard beast opened in 2000. Palmer (the King) handled the layout's original routing, which Nicklaus (the Bear) then refined.

featuring more than 2,000 artifacts and memorabilia from the hall's members in lockers dedicated to telling their individual stories.

Found here are Nicklaus's favourite fly fishing rod, Babe Zaharias's harmonica, one of the two Purple Hearts won by Lloyd Mangrum in the Second World War, and the 1970 and 1972 World Team jacket worn by Marlene Stewart Streit, the winner of every major title in women's amateur golf, who in 2004 became Canada's first — and still only — inductee to the hall.

Found almost in the shadow of the hall is the PGA Tour Golf Academy, the only teaching facility that carries the PGA Tour name.

Travel tips

There's much to do during March Break



ON THE MOVE
Loren Christie
life@metronews.ca

March Break is almost here. Do you have anything planned? Fear not — it is not too late!

If you are thinking about staying close to home, ski hills across the country are offering some great options for some family fun.

Panorama, located close to the summer resort town of Invermere, B.C., is an outstanding family destination. Theme nights, festivals, the largest slopeside hot pools in Canada, a new tubing park and an amazing ski school program

are just some of the offerings. There are a number of different packages available. Check out Tourism BC's new ski website SkillToBelieveVt.com.

For great value and availability, ski the hills in Alberta's national parks. Unlike other ski destinations, Banff and Jasper's high seasons are actually summer so the town offers some great value packages during the winter holiday season.

If you aren't interested in spending your break week on the slopes, there are options close to home. Remember that business travel tends to slow down over this period, so hotels in city centre destinations fill the void by creating packages to entice families to stay and play. From March 10th through the 18th, Tourism Toronto is promoting its Attractions & Events Package.

The package, which features 37 downtown Toronto

and surrounding area hotels, starts as low as \$85 (based on double occupancy) and includes a one-night hotel accommodation and tickets to one or more of the following: Casa Loma, Hockey Hall of Fame, Toronto Zoo and the Ontario Science Centre. See TorontoNow.com

Sun-seekers don't despair. There are still deals to be had as long as you are not too picky about the destination.

Flexibility is the key to making a last minute booking that won't break the bank. Sunquest.ca, for example, is having a March Madness sale for travel over the next two months to places like Mexico, Dominican Republic and Costa Rica. Check out the daily updates on itravel2000.com's last minute deals page.

If you can find a week at an all-inclusive for less than \$1300 per person you are doing pretty well.

Sail away with Easter Cruise

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\$895 Toronto Departure
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MAR 30, 2013
+ \$501 TAXES/FEES Standard balcony - CAT 6-8

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travel plus

Super food quinoa made easy in corn, bell pepper & spinach salad



ROSE REISMAN
for more, visit
rosereisman.com

Quinoa is a "super" food — low glycemic, with an abundance of nutrients. Containing eight

Ingredients

- 1 cup quinoa
- 2 cups vegetable stock
- 1 1/2 cups canned corn kernels, drained
- 1 tsp vegetable oil
- 1 cup diced onion
- 1/2 cup diced red bell pepper
- 2 tsp crushed fresh garlic
- 1/2 tsp ground cumin
- 1 tsp seeded minced jalapeño pepper
- 4 cups chopped fresh spinach
- 1 tbsp water
- 1/3 cup chopped green onion
- 1/3 cup chopped cilantro
- 1/3 cup crumbled light feta cheese
- 2 tbsp olive oil
- 2 tbsp lemon juice

essential amino acids, it's the only grain that's considered a complete protein, making this recipe a vegetarian's delight.

1. Bring quinoa and stock to boil. Cover and simmer 15 mins., just until stock is absorbed and quinoa tender. Remove from heat and place in serving bowl.

2. Spray non-stick skillet with cooking oil and place over medium heat. Sauté corn approximately 8 mins., just until browned, stirring. Set aside.

3. Spray skillet with cooking oil, add vegetable oil and place over medium heat. Add diced onion, bell pepper, garlic, cumin and jalapeño pepper and sauté until onion begins to brown, about 5 mins. Add spinach and water. Cook until spinach wilts, 2 mins.

4. Remove from heat. Stir in green onion, cilantro, cheese, olive oil, lemon juice and sautéed corn. Add mix to quinoa and combine. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Quinoa with Charred Corn, Bell Pepper & Spinach Salad



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Drink of the Week

Stoli Kokopolitan

This sweet treat not only looks great but it tastes delicious, too. With its cranberry juice and chocolate vodka, it's quite the combo!

- 2 parts Chocolate Kokonut Stoli vodka
- 3/4 parts pomegranate juice or cranberry juice
- 1/2 part fresh lime juice
- 1/4-1/2 parts simple syrup

Combine the vodka, pomegranate or cranberry juice, fresh lime juice and simple syrup. Shake over ice and serve.

METRO WORLD NEWS



ColonCancerCheck

Get the kids involved in making Pitazza

Making your own version of your favourite take-out meals at home means you can control the amount of sodium and fat your family is consuming — without compromising on flavour.

If you stock your freezer with whole-wheat pita and your pantry with healthy pasta sauce, you will always have the base for a perfect Pitazza at a

moment's notice.

To add protein to your Pitazza without the extra sodium, roast a whole chicken. Remove the meat and store in your fridge. Freeze the bones for when you have spare time to make your own, low-sodium chicken broth.

You can also top with your other favourite pizza toppings for a customized Pitazza.

1. Preheat oven to 400 F (205 C).

2. On large baking sheet arrange pita bread. Spread 1/4 cup (50 ml) Healthy Choice Garlic and Fine Herb tomato sauce evenly on each pita half.

3. Top with 1/4 cup (50 ml) each: peppers, mushroom and 2 tbsp (25 ml) red onion. Evenly sprinkle crumbled feta cheese.

4. Bake for about 12 minutes or until the pita crust is golden. **NEWS CANADA/FACEBOOK.COM/HEALTHYCHOICECANADA**

Ingredients

- 1/2 cup (125 ml) Healthy Choice Garlic and Fine Herb pasta sauce
- 1 90 g whole wheat pita, split in half to make 2 circles
- 1/2 cup (125 ml) finely sliced peppers (red, orange and/or yellow)
- 1/2 cup (125 ml) sliced mushrooms
- 1/4 cup (50 ml) minced red onion
- 2 tbsp low-fat feta cheese crumbled or your favourite low-fat cheese



This recipe serves two. NEWS CANADA

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Screen for Life
Cancer screening sees what you can't
Breast Cervical Colorectal

South West Regional Cancer Program
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BUREAU DE SANTÉ DE MIDDLESEX-LONDON HEALTH UNIT
www.healthunit.com



City slickers: try Ag on for size

Don't fancy yourself a farmer? No matter — the agriculture industry is in need of specializations from engineering to biotechnology

HANSEN WONG
TalentEgg.ca

No matter what your major is or what your interests are, there's likely a career for you in agriculture. And if you've never considered working in the agriculture industry — or you still think working in agriculture means toiling in the sun — read on.

Right now, the industry is in need of specializations ranging from biotechnology to law to graphic design.

If you're like me, a city dweller who spends more time indoors than outdoors, you may question how the agriculture industry would suit you.

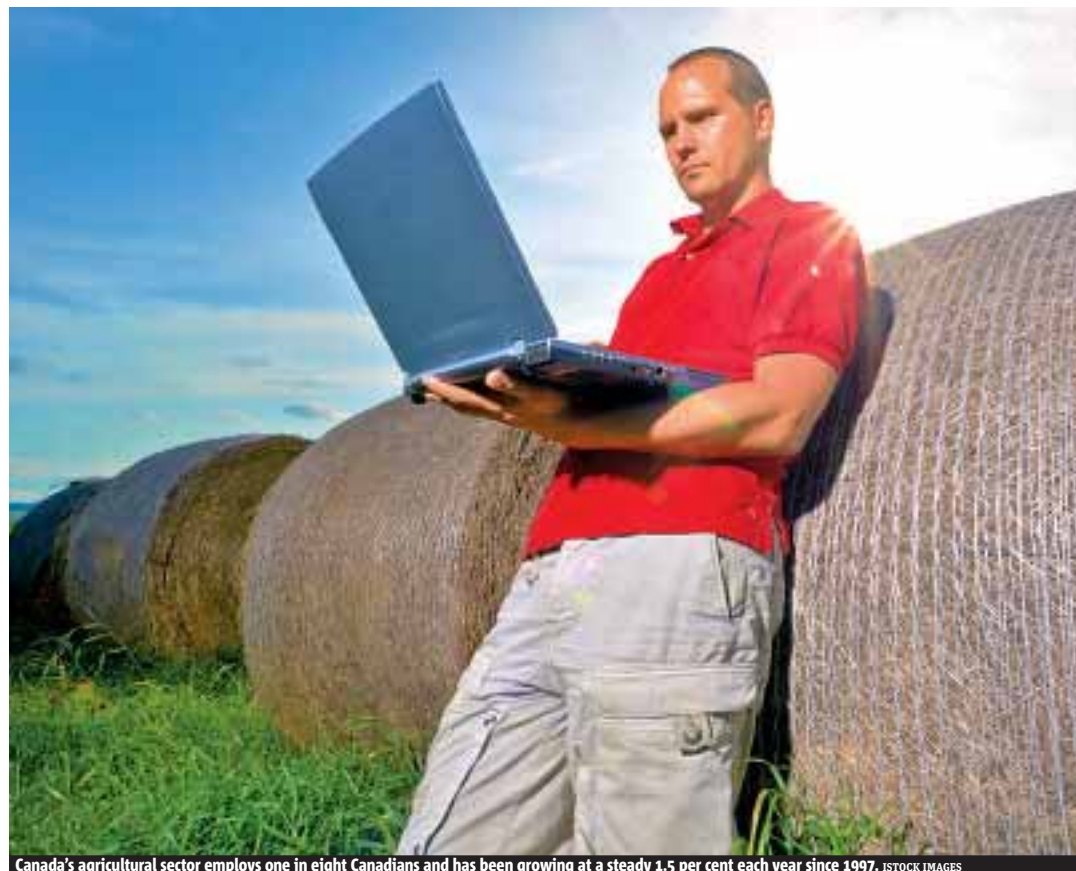
But working in the agriculture industry can be incredibly satisfying, the opportunities are endless, and it's one of the more stable industries out there — after all, we all have to eat.

Why choose agriculture?

Agriculture is an industry that often gets overlooked for the more sought after industries, such as oil and gas and the financial sector.

But most agricultural companies offer a laid-back atmosphere, which is a great transition from student life. In no other industry would I get to drive a tractor in a suit or get VIP seats to a chuckwagon race or act as Brock Lesnar's photographer for a day (yep, he's a farm boy!)

Of course, your experience will be different from mine, depending on your field and the company you work for. But at the end of the day, you can go



Canada's agricultural sector employs one in eight Canadians and has been growing at a steady 1.5 per cent each year since 1997. ISTOCK IMAGES

home knowing you helped put food on millions of tables and had fun while doing so.

What jobs are available?

A recent report by the University of Guelph found that there's more than three jobs per agricultural graduate in Ontario. In the Prairies, the industry has never been stronger.

Because of the size of the industry, there are opportunities within almost every field. Engineers are needed for the development of industrial equipment, from GPS farming technology (known as preci-

sion farming) to 30-ton tractors, while computer scientists are needed in areas such as data processing and data storage.

And, of course, every company has the usual cast of business support staff, ranging from marketing to finance to accounting specialists.

I work as an online marketing specialist for Rocky Mountain Equipment, an agriculture equipment dealer group. While my expertise lies in SEO, SEM, PPC and a few other fancy acronyms, other marketers in my company have specializations

ranging from event planning to client relations, graphic design and public relations.

I work closely with our web developers, who specialize in developing web content for agriculture companies and have clients throughout North America.

The web developers I work with are passionate about deploying new and innovative digital trends in their projects. Although the agriculture industry isn't on the bleeding edge of technology, it's quickly gaining momentum.

Then there are the ad-

vertising agencies. AdFarm and Woodruff Sweitzer are full-service advertising agencies that cater only to agricultural clients. AdFarm has offices across the Prairies, with teams of graphic designers and account executives at each office.

While ancient agricultural risk management was satisfied by reading a farmer's almanac, modern risk management takes into account everything from biological processes to crop prices to international markets. It's an advanced field that requires

intuitive individuals who can adapt to an industry where conditions change as rapidly as the weather.

And for the science majors, there are the agricultural sciences. If you're not sure what to do with your B.Sc., consider that the agriculture industry employs biochemists, entomologists, geneticists and biotechnologists, just to name a few career paths.

And still, there are countless opportunities I have yet to touch on, including engineering positions for John Deere (which spends \$2 million a day on R&D), to loan officer and financial analyst positions for TD Canada Trust's Agriculture Services or Scotiabank's Agricultural Banking divisions. Chances are, no matter what your passions are, there's a career for you in agriculture.

What about job security?

The easy answer to this question is that we all need to eat. But to take this a step further, Canada's agricultural sector is likely Canada's most stable industry. It accounts for 8.1 per cent of Canada's GDP, employs one in eight Canadians, and the industry has grown a steady 1.5 per cent each year since 1997.

Have I convinced you yet?

Jobs in the agriculture industry are scattered and sometimes even hard to find, so you'll need to know where to find them. Agricultural career fairs are fairly common, especially if you live in the Prairies.

While your university or college may not have a focus on agriculture, their career centre will still have contacts in the industry. And talentegg.ca has a dedicated focus on the agriculture industry with career guides and new job postings regularly.

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The agriculture industry offers career opportunities to those who have specialized skill sets. ISTOCK IMAGES

How to succeed in the agriculture business

First steps. To kick start your career in this industry, you'll need a desirable skill set, a willingness to learn and a great attitude

HANSEN WONG
TalentEgg.ca

There are two kinds of wheat varieties: durum and non-durum. The wheat you consume is durum, while livestock feed uses non-durum wheat. Since wheat is the Prairies' main agricultural export, every farmer knows the difference between durum and non-durum wheat.

But here's the thing: to succeed in the agricultural industry, you don't need to know this. You'll learn about the industry on the job but all you need to start off is a desirable skill set, a willingness to learn and a great attitude.

While the same could be said of any job in any industry, the agriculture industry is unique in that there

Making an impression

Your first impression is the most important and once people have an idea of who you are, it's exponentially harder to change their minds.

- The impact your attitude can have on your career is something you shouldn't underestimate.

are certain areas that need strengthening. From my experience, these areas include logistics and marketing.

As a marketer, the route I took involved specializing in online marketing. Countless SEO firms are springing up and targeting agriculture companies because of the gap in this specialization. A company that is able to internalize online marketing costs would see better returns on their investment in online advertising — and this was my niche upon entering the agriculture industry.

Secondly, you'll need to be able to learn and learn fast. To

show your manager — or anyone else who has a say over your career path — that you're serious about a career in agriculture, you'll need to invest in educating yourself on the company's product.

And this doesn't have to be boring. You can read online articles, watch YouTube videos, read Fertilizer International (if that's your product) or read buyer's guides for farm machinery. But don't play FarmVille — that really won't help.

Don't forget to offer up a great attitude and work ethic. Although this point may seem obvious, it's also imperative. Even in my short career, I've seen people idling through their obligatory eight hours.

Agriculture is a seasonal industry so you'll experience weeks that are slower than others. But even then, make sure you remain productive by working on long-term projects or preparing yourself for the upcoming season.

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Remaining great without Griffith

OHL. Knights dominance without leading scorer just one of many storylines as playoffs approach



JOHN MATISZ
john.matisz@metronews.ca

Seth who?

London Knights leading scorer Seth Griffith is out of the lineup with a broken bone in one of his hands — but you wouldn't know it. The Knights scored 17 goals over the weekend, winning two of three games by margins of four and seven tallies.

With about a month left in the regular season, they're sitting pretty with a record of 41-12-2-2 in the Ontario Hockey League (OHL). Barring a sizable collapse, London should win the regular-season crown for the second year in a row.

And, as the schedule hits the home stretch, there's a barrel of interesting storylines to follow elsewhere.

Playoff picture beginning to come into focus: Along with London, Owen Sound and Kitchener have locked up playoff spots in the Western Conference. In the Eastern Conference, three teams — Oshawa, Barrie and Belleville — are also playoff bound.

Six teams are vying for the final five spots in the West — Plymouth (73 points), Guelph (69), Sarnia (67), Sault Ste. Marie (66), Saginaw (62), and Windsor (51). It's a six-horse race for the remaining five berths in the East, too — Brampton (63 points), Sudbury



Sniper Seth Griffith was unavailable to the London Knights last weekend because he's nursing an injured hand. However, his absence didn't stop the Knights from lighting the lamp 17 times in three games during action in the 21st week of the season.

JOHN MATISZ/METRO

(61), Niagara (56), Mississauga (53), Kingston (51), and Peterborough (47).

The West's Erie (42 points) and East's Ottawa (34) are both still in contention, but hanging on by a thread.

Saginaw's Lodge on fire: Jimmy Lodge, eligible for the 2013 NHL draft and believed to be a possible second- or third-round selection, has been putting on a show as of late.

The lanky six-foot-two, 165-pound Saginaw Spirit winger is one of the hottest players in the OHL. Lodge, 17, put up an eight-point Week

21, which included a hat trick versus the Oshawa Generals on Friday.

Since Dec. 15, Lodge has recorded 15 goals and 23 assists for 38 points in 22 games. That stretch accounts for all but 21 of his points this season in a total of 53 games.

Greyhounds look dangerous: The OHL's powerhouses, particularly in the Western Conference, could be in tough if they draw the Sault Ste. Marie Greyhounds in the post-season.

Although the 31-21-2-2 team will likely be ranked in

the middle of the pack, Sault Ste. Marie is looking mighty scary right now. Since former NHLer Sheldon Keefe stepped behind the bench for the first time Dec. 6, the northern boys have gone 18-9.

In two games last week, they blasted Sarnia 8-0, before outlasting Kingston in a 10-7 scorefest.

Their greatest offensive weapon, Philadelphia Flyers prospect Nick Cousins, trumps all OHLers in scoring at the moment. His nine points last week bumped his total to 93 in 56 games.

CFL

Alouettes hire Hawkins as coach

Once again, general manager Jim Popp went outside the box to find a head coach for the Montreal Alouettes.

On Tuesday, the CFL club hired Dan Hawkins to replace Marc Trestman who was named the Chicago Bears head coach last month. Hawkins, 52, arrives in Montreal with no previous Canadian football coaching experience.

Hawkins spent the last two seasons as a college football analyst for ESPN but served as the head coach at Boise State and Colorado. **THE CANADIAN PRESS**



Dan Hawkins
THE CANADIAN PRESS

Tennis

Raonic ready to reload at UBC

Milos Raonic is looking forward to taking his big serve to UBC again for Canada's Davis Cup quarter-final tie against Italy in Vancouver.

The Doug Mitchell Thunderbird Sports Centre, named Tuesday as the venue, has been kind to the Canadian tennis squad, which upset Spain there earlier this month to advance to the World Group quarter-finals for the first time.

The team for the April 5-7 best-of-five series against Italy will be chosen by captain Martin Lauren-deau at a later date.

THE CANADIAN PRESS

Paralympics will weather storm: IPC Prez



Oscar Pistorius competes at the Paralympics in London, on Sept. 5, 2012. Pistorius appeared in court Tuesday, the first of a two-day bail hearing.

EMILIO MORENATTI/THE ASSOCIATED PRESS FILE

As Oscar Pistorius offered his first defence against a murder charge, the head of the Paralympics tried to reassure members Tuesday that the organization has a strong future even without its star athlete.

International Paralympic Committee President Philip Craven told The Associated Press he has been in a state of "shock and disbelief" since Pistorius was charged with premeditated murder in last week's shooting of his girlfriend, Reeva Steenkamp.

Pistorius enjoyed a record-breaking Paralympics last year and had been central to plans to maintain the momentum of

Quoted

"We've got so many stars coming through that this will not be an issue."

International Paralympic Committee President Philip Craven on the impact of Paralympic star athlete Oscar Pistorius being charged with murder.

disability sports. Now, he has pulled out of all future races.

The South African helped generate unprecedented interest in the Paralympics by becoming the first double amputee sprinter to compete at the

Olympics. Craven wants to ensure the Paralympics' progress is not damaged by the fallout from Pistorius' case.

"Even since this tragedy happened, it's still been 'London, London, London' and what happened there — a unique moment in times that still continues in the hearts and minds of people."

Craven pointed to British sprinter Jonnie Peacock, who deposed Pistorius as 100-metre champion at the Paralympics, and Alan Oliveira, who took the 200 title in front of a crowd of some 80,000 in the London Olympic Stadium.

THE ASSOCIATED PRESS

2013 Ford Taurus SHO



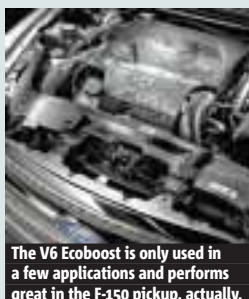
ALL PHOTOS WHEELBASE

Fuel economy

Fuel economy isn't normally a top-of-mind issue for buyers of high-output sedans, but at least the SHO won't embarrass itself with a rating of 12.2 l/100 km in the city and 7.8 highway.

2013 Ford Taurus SHO

- **Type.** Four-door, all-wheel-drive full-size sedan
- **Engine (hp).** 3.5-litre DOHC V6, twin-turbocharged (365)
- **Transmissions.** Six-speed automatic with paddle-shift controls
- **Base price (incl. destination).** \$50,900



The V6 EcoBoost is only used in a few applications and performs great in the F-150 pickup, actually.

Design

All Taurus models display a restyled grille and lower air intake, with the SHO receiving the blacked-out mesh-style grille as well as a set of bright high-intensity-discharge headlamps. Other visual markers include a deck lid spoiler plus unique 19-inch wheels and front rotors.

All wheel drive

A major component of the SHO's performance content is its standard all-wheel-drive that kicks in when the car is driven in an aggressive manner, when it's cornering and when the weather turns nasty and surface grip is compromised.

Review. You could be excused for thinking the SHO is just another Taurus, but is this really a bad thing?

MALCOLM GUNN
wheelbasemedia.com

Full-size sedans appeal to people requiring, or preferring, plenty of space for people and their gear. It's simple, really. The Ford Taurus SHO extends its appeal to drivers seeking a fast four-door with cat-like reflexes, regardless of road.

The SHO, which stands for Super High Output, has traveled a long way since its beginnings back in 1988 as a 220-horsepower sport sedan. Then, as now, the "show" (as it's pronounced) has never been a huge seller simply because it basically looks like any other Taurus.

And with a price tag in the \$50,000 range, it's \$8,000 more than the best-equipped, regular-strength Taurus sedan that money can buy. Fifty large is also within range of the Boss 302 Mustang with its 444-horsepower 5.0-litre V8. That sort

of muscle eclipses the SHO's twin-turbocharged 3.5-litre "EcoBoost" V6 with its 365 horsepower and 350 pound-feet of torque.

Still, the 1,980-kilogram 2013 SHO delivers respectable potency with an estimated zero-to-60-mph (96 km/h) time of 5.2 seconds. It also offers a level of genteel cruiser-class comfort for five adults that's inconceivable in the Mustang.

The SHO's V6 is matched to a six-speed automatic transmission with steering-wheel-mounted paddle shifters.

Hidden from view are stiffer front springs and a beefed-up brake package highlighted by a larger master cylinder and front rotors. The electric power steering unit can be specifically calibrated to deliver plenty of feel and feedback for the driver.

Interestingly, much of the SHO-specific gear has been installed in the Taurus Police Package that replaces Ford's ancient (and now retired) Crown Victoria.

There's even more in store for buyers who opt for the Performance Package. Here, you get a sport-tuned suspension, upgraded brakes,

an "extreme duty" cooling system, a higher numerical final drive ratio for snappier acceleration and 20-inch machined wheels with summer-specific performance tires. Ford states the Performance Package is the one to get for buyers looking to stretch their SHO's legs once in a while on the racetrack.

A Taurus on a racetrack? Move over Boss 302, the whole family is coming.



Kudos to Ford for holding off on wings, spoilers and body kits. Let the performance do the talking, just like in a BMW.

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5 DRIVE

Diesel flag keeps flying high

Auto Pilot. Car companies betting on Canadians' love of diesel, despite our neighbours' reservations



AUTO PILOT
Mike Goetz
drive@metronews.ca

You can feel the current swirling around your rubber boots — the ones with the little ducks on them. Each successive auto show yields another announcement about another diesel

entry.

In December at the L.A. auto show, we learned that Mazda6 will eventually have a 2.2-litre diesel option. At Detroit in January, Chrysler announced its revitalized 2014 Grand Cherokee will get a diesel — a 3.0-litre V6 developed and manufactured by Fiat's long-term supplier, VM Motori.

And now we come to the auto show on this week in Toronto. At a press conference at the show last Thursday, Chrysler said its Ram 1500 pickup would also get that 3.0-litre V6 destined for the Jeep Grand Cherokee.

The interesting thing about



Ried Bigland, Chrysler Canada president, at the Toronto auto show with the new 2013 Ram Heavy Duty packing the 6.7-litre Cummins diesel engine. Bigland announced that the light-duty Ram 1500 pickups will also get diesel option for 2014 — a 3.0-litre V6 made by its Italian partners, VM Motori. MIKE GOETZ/FOR METRO

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this last batch of diesel announcements is they concern more mainstream, high-volume segments, like compact car, light-duty truck, and mid-size crossover.

With the noticeable exception of Volkswagen Jetta and Golf diesels, the German manufacturers have been flying the diesel flag at lofty levels — basically as a premium option in an already premium nameplate.

At the Toronto show I ran into auto industry analyst Denis DesRosiers, who believes the big diesel shift in this country will come when one of the manufacturers is prepared to — or is able to — offer a diesel in or around \$20,000.

Right now, diesel seems to be about a \$7,000 to \$10,000 option, depending on the model. Not only are diesels engines more complicated, they

often require beefier transmissions to handle their increased torque. And, they're typically offered on more upscale trim levels, pushing their MSRPs even higher.

If we get diesels down into cheaper segments and on cheaper trim lines, then we'll get somewhere. According to DesRosiers, Canadians are already in love with diesels.

And what's not to love?

Their increased torque translates to great every day driving experiences. They have huge range. They last forever and offer great resale potential. They're even "green."

Americans still harbour misconceptions about diesels, but Canadians are so past that, says DesRosiers. And we're so past my word count for this column. So gotta go. See you next week.

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Horoscopes

Aries

March 21 - April 20

You may not like making sacrifices but deep down you know that something has to go. This is the ideal time for a clear-out — be it physical, mental or emotional. Get your broom and sweep away those cobwebs.

Taurus

April 21 - May 21

Challenges of one kind or another have been met and overcome, and now you know you can compete on equal terms your confidence will soar. Today, however, you need to cooperate a bit more and compete a bit less.

Gemini

May 22 - June 21

This is a good time to extend your education in some way. If there is a particular topic that intrigues you then find out all you can about it. What you learn will be useful to you in the months ahead.

Cancer

June 22 - July 23

The Sun in sympathetic Pisces encourages you to look further afield for the answers you seek. In some way or other you will be on the move today — and you'll discover things that few people know about.

Leo

July 24 - Aug. 23

Don't gamble with what you own and earn. You may be tempted to take some kind of financial risk, with the promise of big rewards if it goes the right way. But what if it doesn't? You cannot afford to take the chance.

Virgo

Aug. 24 - Sept. 23

Friends will do anything for you today — all you have to do is ask. But before you do, bear in mind that you should not take their goodwill for granted. The best friend is the one who doesn't expect too much.

Libra

Sept. 24 - Oct. 23

A certain task that looked so difficult a short while ago now looks incredibly easy. So what are you waiting for? Get on with it. You may surprise yourself how easily you make a success of it.

Scorpio

Oct. 24 - Nov. 22

The Sun in your fellow Water sign of Pisces not only fills your heart with joy but fills your mind with all sorts of creative ideas. What you do next is up to you but do something — and make it amazing.

Sagittarius

Nov. 23 - Dec. 21

It may seem as if the world is against you but it's not remotely true. In fact, you'll realize you have friends in all directions if you only look on the bright side and stop entertaining negative thoughts.

Capricorn

Dec. 22 - Jan. 20

It is important that you know who among your friends and relatives can be trusted because if you confide in the wrong person today, the results could be disastrous. But confide you must. Don't keep your feelings to yourself.

Aquarius

Jan. 21 - Feb. 19

An issue that has been causing you sleepless nights will resolve itself over the next 24 hours, much to your relief. Next time, try not to take this kind of situation so seriously. Time heals all wounds — be they real or imagined.

Pisces

Feb. 20 - March 20

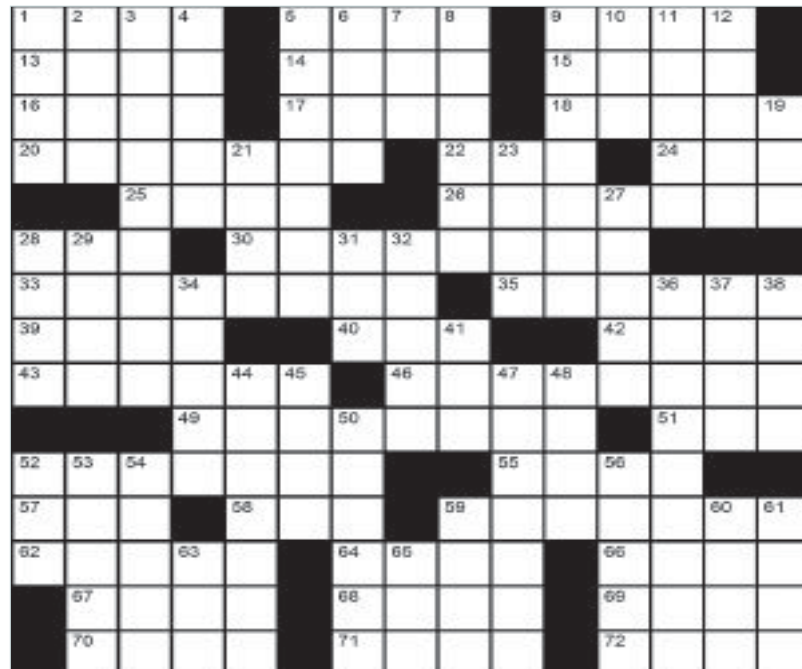
You know what needs to be done today, so get on and do it. The earlier you get busy, the quicker you will get through your chores and the more time you will have to do fun things with others this evening.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- The ___ Awards (Overseas Grammy equivalents)
- Canada Goose monument site in Ontario
- Capricorn, for one
- Baroque painter, Guido ___
- Business person, briefly
- Mr. Aoki (World Golf Hall of Famer)
- Prefix to 'gon' (Eight-sided shape)
- Mr. Baldwin
- The ___ MacNeils (Celtic band from Cape Breton)
- Super clean and sanitary
- 'Computer' suffix (Tech jargon)
- "___, humbug!"
- Tirade
- Sentence enders.
- UK military fliers
- Best Actress nominee Jessica for "Zero Dark Thirty"
- February's birthstone
- Oscar-winning actress Marlee
- But, in Spanish
- Villain's chuckle, when repeated
- Reign
- Peace talks agreement
- Folk music instrument
- Oscar-winning Canadian actress Marie of "Min and Bill" (1930)
- Dubai's locale [acronym]
- Type of blouse or skirt
- Audacity
- Engine starter [abbr.]
- Tel Aviv, ___
- Oscar-winning film, "The English ___" (1996)
- Jaleel White's "Family Matters" role
- Make film cuts
- Type of duck
- Gen. Robert ___
- Feminizing suffix
- Actress Ms. Collette
- The Yukon, e.g.
- Free ticket



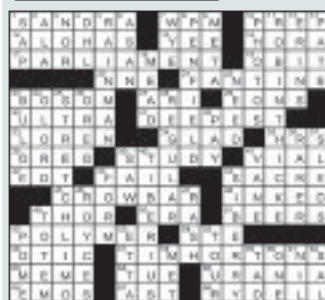
Down

- Warner ___ (Film studio)
- Prefix with 'angle'
- Meddle
- Heiress' headdress
- Rich
- Wheel shaft
- Small
- Take
- Remote region of Russia
- Old Testament book, for short
- Screen legend Greta
- U.S.-Canadian airspace protection org.

- Sighed sounds
- Move along slowly
- Crease
- Li'l lead-in
- Transfixed
- USA part, for short
- Fireplace residue
- Flower parts
- Some amphibians
- Yoga wear company founded in 1998 in Vancouver
- Figure skater Mr. Kulik
- Ms. Leakes of reality TV
- "Shallow ___" (2001)
- Nova Scotia-based comedy of

- 2001 to 2008, "___ Park Boys"
- Hankering
- Invalidates
- "Shoot!"
- Meryl of multi-Oscars
- More, in music
- White-plumed heron
- Foot-to-leg connector
- Enumerates
- Brooches
- "99 Luftballons": 1980s hit for who?
- Baby branch
- 'Ballad' suffix
- CSI evidence

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

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Flurries

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Thursday

-6° / -9°

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